

Welcome

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Tidewater ENA

EMS Meeting

June 13, 2011



CHOKING GAME

The background features a skull partially obscured by several strands of barbed wire. In the bottom left corner, the text 'G.A.S.P.' is written in large, bold, black letters, with 'games adolescents shouldn't play' written in smaller black letters below it.

**This program contains content
which may be considered disturbing.
If you do not feel you can handle
this, go to the back and a someone
will escort you out.**

Also known as:

TINGLING

BLACK
OUT

PASSOUT

CHOKING GAME

SUFFOCATION
ROULETTE

California High

RUNYCHEN

Gas

Rising Sun

Airplaning

American Dream

FLATLINER

SPACE
COWBOY

SPACE
MONKEY

G.A.S.P.

Actual 911 Call

911: "911"

Samuel: "Hi, I have an emergency"

911: "Ok, what is your emergency?"

Samuel: "My little brother might be dead"

911: "Your husband might be dead?"

Samuel: "My brother"

911: "Your brother. OK, is he there with you?"

Samuel: "Uh, Uh, Yeah"

911: "OK"

Samuel: "But we think he might be dead. I don't know"

911: "Ok, hold on a second. How old are you? How old are you?"

Samuel: "Thirteen"

911: "OK, Where is your brother at? Where is your brother at?"

Samuel: "He's in our room"

911: "He's in your room. Is he breathing? Are you there by yourself?"

Samuel: "No, I'm with my mother"



The 911 Call

911: "OK, I want you to stay on the line with me."

Samuel: "OK, OK I need you to get an ambulance right away."

911: "OK, why do you think he's dead?"

Samuel: "Because there's a rope around his neck tied to a bunk bed and he's all purple and stuff."

911: "OK, how old is you brother?"

Samuel: "Thirteen, we're twins"

911: "OK, You're twins and he's thirteen too?"

911: "OK, are you...is your mom there?"

Samuel: "Yes"

911: "OK, who....what's your name?"

Samuel: "Samuel"

911: "OK Samuel hold on"

911: "We're on our way over there and I want you to stay on the phone with me, OK?"

911: "Stay on the line with me"

Samuel: "Ohhhhhhhhhh God"

Samuel: "No"

Samuel: "Oh God NO"

Imagine the grief it caused this twin who found his brother in his bedroom



G.A.S.P.

What is the choking game?

First and foremost, IT IS NOT A GAME!!! There are many variations, but essentially, it is cutting off the flow of blood to the brain by choking, hyperventilating, compressing the chest, or hanging by a belt, towel, rope, etc.

What does it feel like?

The first feeling is a light-headedness (a perceived "high") due to reduced blood flow, and, therefore reduced delivery of oxygen to the brain. The second part comes with the removal of pressure on the chest or neck releasing a powerful surge of dammed up blood through the carotid arteries into the brain (a perceived "rush").

What does it feel like?

Also at this time, brain cells are starting to die. As the cells die, there is a chemical release that gives a euphoric feeling. Kids must realize that this feeling is actually the **brain dying.**

**But it is safer than using
drugs, right?**

Wrong!!! It can be just
as deadly. It also seems
to be addictive to the
kids doing this. There
are many ways that this
activity can **kill you.**

G.A.S.P.

**It sounds pretty safe.
What's the problem?**

**It is not safe at all. Many
times the person being
choked faints from the
lack of oxygen, because
there is no way to know
when a person is about to
faint from this.**

G.A.S.P.

People faint all the time, what is so bad?

In this case, fainting is caused by the brain starving for oxygen. **Brain cells are dying and will never regenerate.** This can result in long term brain damage; even a vegetative state.

G.A.S.P.

Can anything else happen from fainting?

**Yes. People fall and
receive many injuries.
There are reports of
broken bones,
concussions, major cuts,
eye injuries, and even
deaths from the fall.**

G.A.S.P.

**I hear it feels strange
when you wake up.....**

**This is because the blood
is rushing back into the
brain. This surge can lead
to a stroke (bleed in the
brain) or seizures. Both of
these can lead to severe
brain damage and even
death.**

G.A.S.P.

I hear that some kids twitch before they wake up?

The twitching is the brain having a seizure. At this point there is brain damage taking place that can not be reversed. Millions of brain cells are dying each time this happens leading to bleeding in the brain or silent strokes.

G.A.S.P.

Why are so many people dying?

The rush that kids are getting from this can be addictive. Therefore, kids want to do it more and more. Some are doing it by themselves by using a rope, belt, shirt, etc. to essentially hang themselves to get this “high”

G.A.S.P.

Why are so many people dying?

The person plans to take the pressure off just before they pass-out, **but there is no way to know when that will happen.** If the person passes out first, the weight of their body pulls on the rope **and they die.**

G.A.S.P.

Why are so many people dying?

- Within 3 minutes a child will suffer noticeable brain damage
- Between 4 and 5 minutes without oxygen to the brain, a child will die
- Some of those who have died were alone for as little as 15 minutes before someone found them and it was already too late.
- This activity can claim a child's life the first time it is played.

G.A.S.P.

**So it is safe if you do it
with a friend?**

**Absolutely not! It is NEVER
safe.** Even if you are not
tying something around the
neck, you are depriving the
brain of oxygen. If you have
someone push on your
arteries in the neck and
they put pressure on a
group of nerves, **it can
cause an immediate heart
attack.**

G.A.S.P.

Also.....



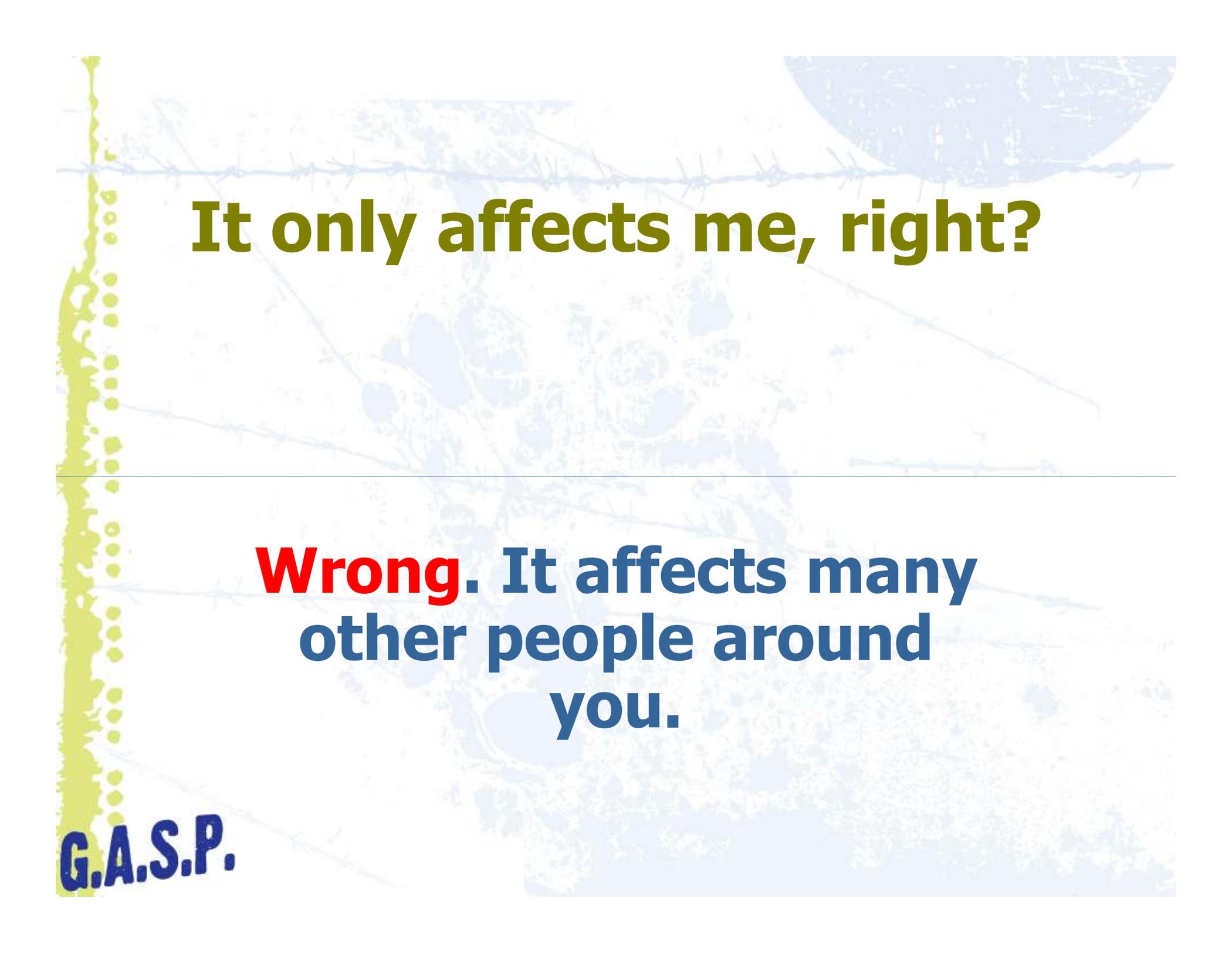
...there is the chance of seizure, stroke, heart attack, or injury from a fall, and **always results in the killing of brain cells that can **never** be replaced. The damage done is permanent and cumulative.**

G.A.S.P.

**Why are we talking about
this?**

**Because it is happening
everywhere, including
here, and you need to
know how dangerous it
is.**

G.A.S.P.

The background features a light blue, textured surface with a faint, large skull in the center. A single strand of barbed wire runs horizontally across the middle. On the left side, there is a vertical yellow bar with a dotted pattern.

It only affects me, right?

Wrong. It affects many
other people around
you.

G.A.S.P.

Who else does it affect?

- **Your parents**- Imagine how your parents might feel if they would have to go through the tragedy of losing a child – you.....
- **Your friends**- If they are there at the time, they could be charged with murder. If they know you are doing it and don't say anything, they would have to live with it for the rest of their lives.....
- **Brothers and sisters**- Many times it is other family members who find your dead body.....

The background features a light blue and white pattern of barbed wire. A faint, light blue skull is visible in the center. On the left side, there is a vertical yellow bar with a dotted pattern. The text is overlaid on this background.

Who is doing this?

**Primarily boys and girls
between 9-16 years old,
but it can happen to any
person at any age.**

G.A.S.P.

Imagine the pain of losing a 10 year old child.

Obituary

Dalton Eby, Island Park

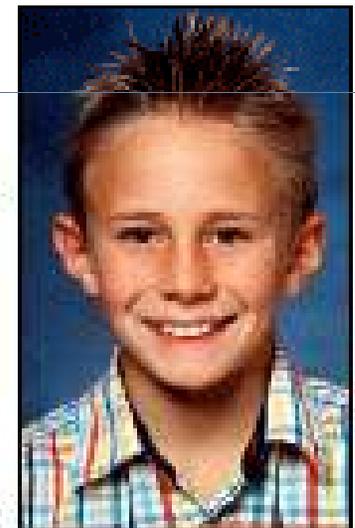
Dalton Marshall Eby, 10, of Island Park, died near his home on Thursday, July 7, 2005 of accidental causes. He was born March 22, 1995 in Jackson Hole, Wyoming to David Marshall and Patricia 'Dede' Dolores Lewis Eby.

Dalton attended Ashton Elementary School and had just finished the fourth grade. He was a member of the Ashton Christian Fellowship Church and had a real love of the Lord.

He enjoyed cliff jumping, riding his go-cart, and snowmobiling. He loved to help people. He loved life and lived it to the fullest.

Dalton is survived by his parents, Dave and Dede, brothers and sister, Zackary, Preston, and Savannah, all of Island Park; his grandparents, Mitzi Tripp, and Dave and Deanne Eby of Salt Lake City.

Funeral services were held Monday, July 11, 2005 at the Ashton Methodist Church with Pastor Rich Laux of the Christian Fellowship officiating.



G.A.S.P.

How can I say, "No"?

- Use Humor- "No, I need all the brain cells I've got"
- Walk Away- Leave if people ask you to do it
- Give a reason- "No, it's stupid and it can kill you"
- Strength in numbers- Hang out with kids who won't do this
- Avoid the situation- If you know kids that are doing it, don't go with them

G.A.S.P.

What should I do?

If you are doing it, **STOP!**
If you know someone else
who is, tell them to stop.
Don't take their word for it
though. Tell an adult
about it.

G.A.S.P.

But my friend will get mad...

It is better to have a friend mad at you for saving their life than having a dead friend. Your friend may not realize you are saving them, but trust me this activity is a **killer!**

G.A.S.P.

Telling \neq Tattling

Who can you tell?

- **Your parents**
- **Your friend's parents**
- **Teacher**
- **Guidance counselor**
- **School administrator**
- **Aunt/Uncle**
- **Any responsible adult that you trust**



The Life of Stephen Connelly

Mother: Carol Connelly

Stephen's First Day



15 Days Before 1st Birthday



I Love a Parade



Halloween



Disney World



Horseback Riding 1995



Steve And His Sister Blanche



Christmas 1997



Giving Jenny Flowers At Her Dance Recital



Busch Gardens 2001



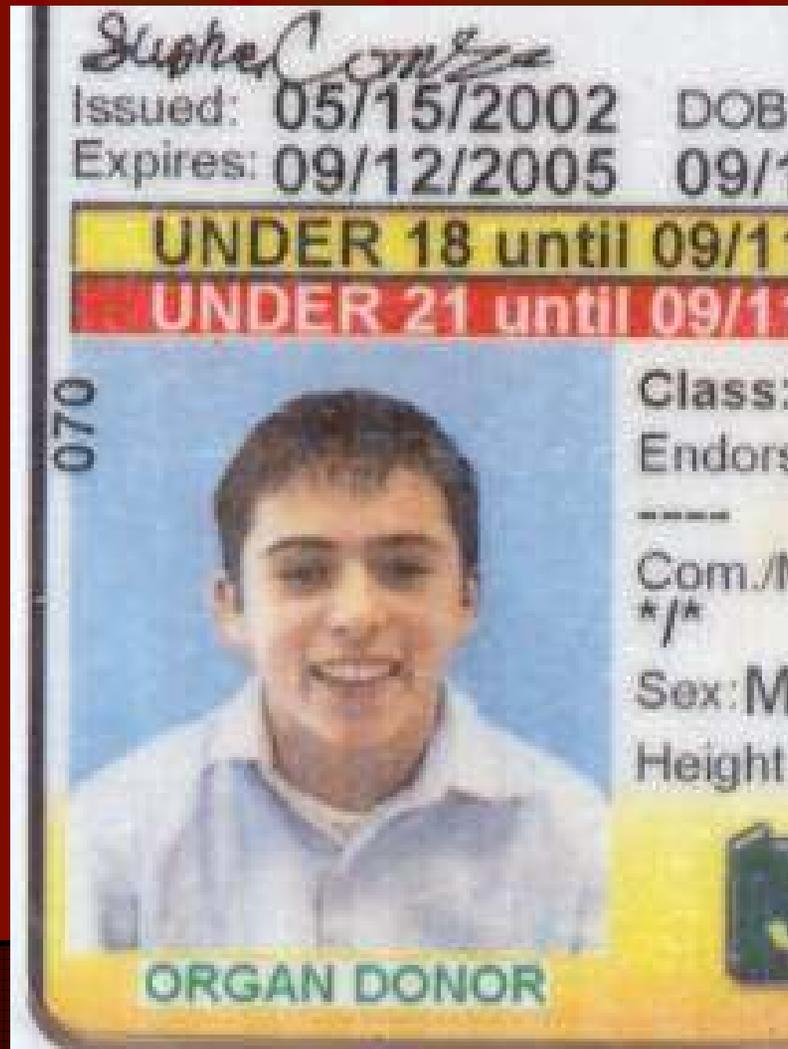
Steve And Jenny 2001



Steve Loved Hockey



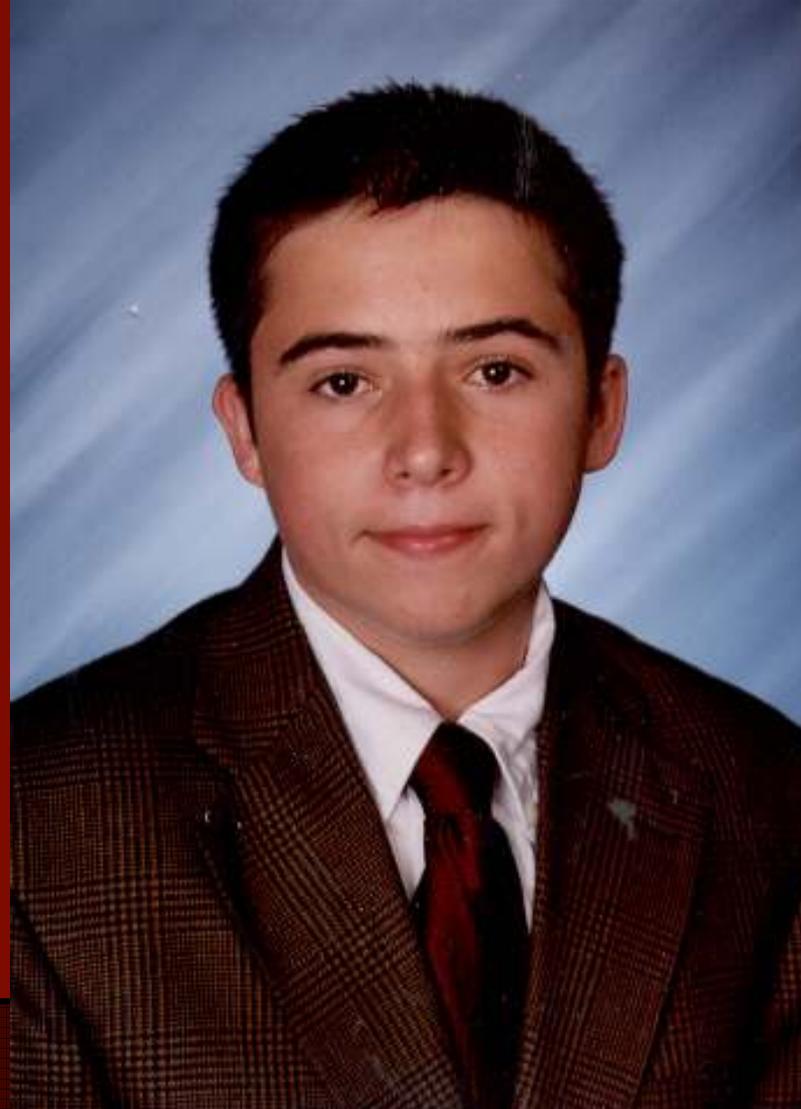
Look Mom I Can Drive



Junior Prom



Steve's Junior Year Picture



CONNELLY

LOVING SON, BROTHER AND FRIEND
STEPHEN T.

SEPT. 11, 1955 — AUG. 23, 2002

CELEBRATE WE WILL BECAUSE LIFE IS SHORT BUT SWEET FOR CERTAIN. - OGG

CAROL A.
MARCH 3, 1965

THOMAS J.
DECEMBER 14, 1960



This Is Not A Game



I would like to share a poem written by a mother who lost her son to the “choking game” and wrote this about his life and being with him in the emergency room after he was pronounced dead.

The poem is written by:
Dianna Brendle

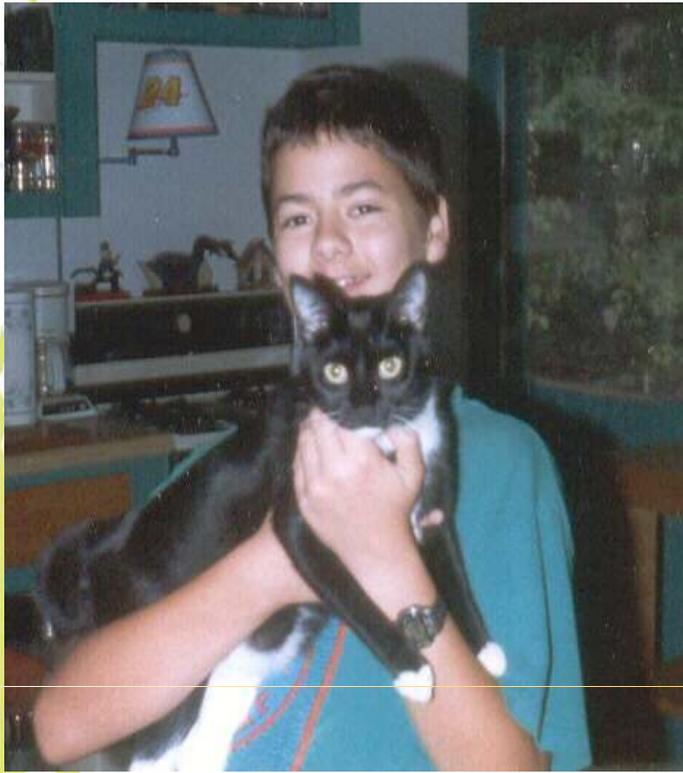
G.A.S.P.



*In Loving Memory
Jason Isaac Linkins
February 18, 1985
April 23, 1999*

**Dearest Jason,
If your spirit was there the night you died,
you saw my grief and how I cried.
I could not believe you had to go,
and over and over I told you so.
I stroked your chin, your hair, your brow,
in shock, that this had happened now.
Beneath your lids, I glimpsed each eye.
It was not true, that you could die.
Your eyebrows 'neath my fingertips,
the whiteness of your precious lips:
My fingers brushing through your hair;
the pain was more than I could bear.
But, I could not leave your side,
I touched and kissed and stroked and cried.
My tears upon your face did land,
I rubbed your arms and held each hand.
My fingers made a futile trek
to erase the marks upon your neck.
Your hands were cool, as were your feet.
I wrapped them up to give you heat.
I pulled the blanket to your chin,
a last attempt to "tuck you in."**

G.A.S.P.



**I wanted so, to comfort you,
to make you warm, to pull you through.
But mommy's kiss was late this night.
My kisses could not make it right.
Your face was calm and oh, so blue,
but still so beautiful, it's true.
You were everything to me,
to lose you was not meant to be.**



**It's not just your body I will miss;
it's your touch and voice and thoughts, your kiss.
Your ideas, songs and how you talk,
the way you sleep and how you walk.
Your smile, your laugh, your love of rain,
your great intolerance of pain.
Your love of animals, all our pets
and fighter planes and battleships.
It's your whistling and the food you ate,
your complaints of all the stuff you hate.
Your grin when you were filled with joy,
the energy of a restless boy.**

G.A.S.P.



**The neverending hum of noise,
the sound effects you gave your toys.
Christmas, Halloween and such.
When you were here, they meant so much.
Your arms encircling 'round my neck,
your love of space, Star Wars, Star Trek.
The way you'd find a quiet nook
to sit and read a brand new book.
And always ready, on the go
to ride 4 wheelers, play in snow,
Boating and camping with your dad
and dreading schoolwork, oh so bad.**

**The hurt that is the worst for me
is what your life will never be.
The world was yours as it should have been,
but this is now and that was then.
If only I could change the past,
I would be gone but you would last.
For that was how it was meant to be,
that you'd be here and missing me.**

**I love and miss you terribly,
~Mommy**

Are kids really dying
playing this
“game”?

You tell me.....

Braden Erickson 13 years old



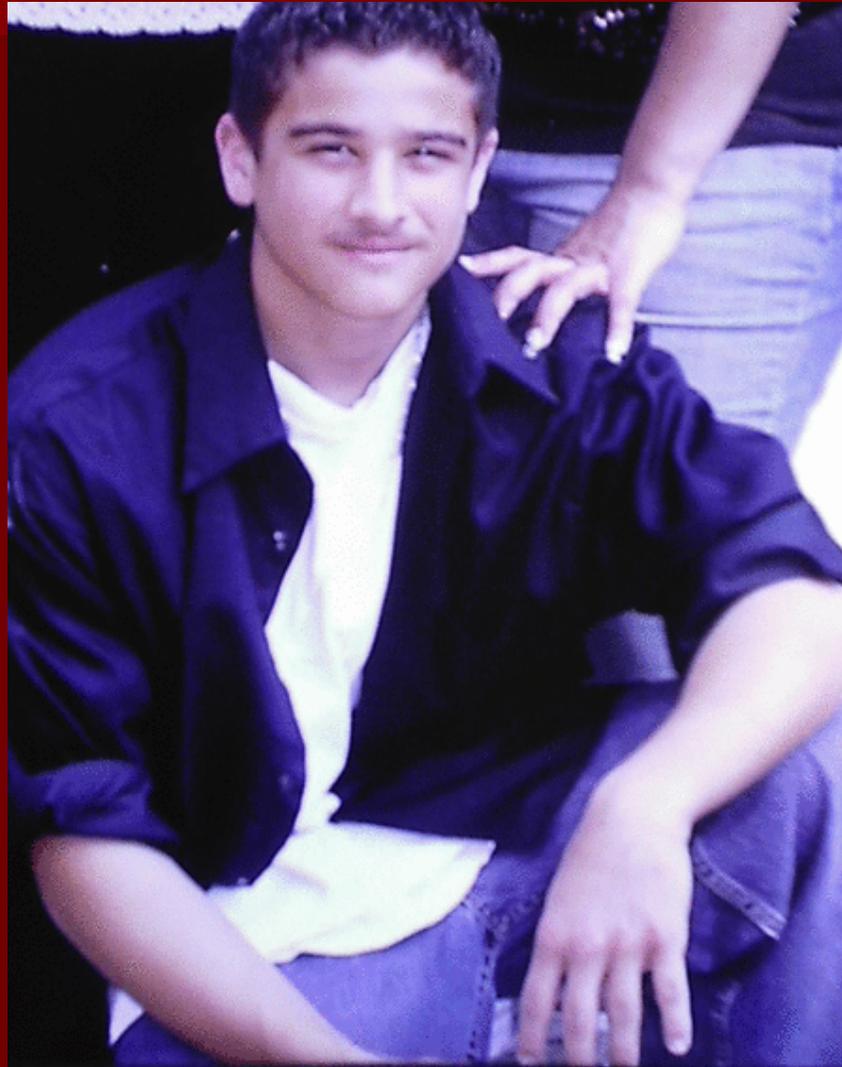
Matthew Norman Vander Stel
16 years old



Jason Isaac Linkins 14 years old



Marc Morales 15 years old



Kalib Shalipay 9 years old



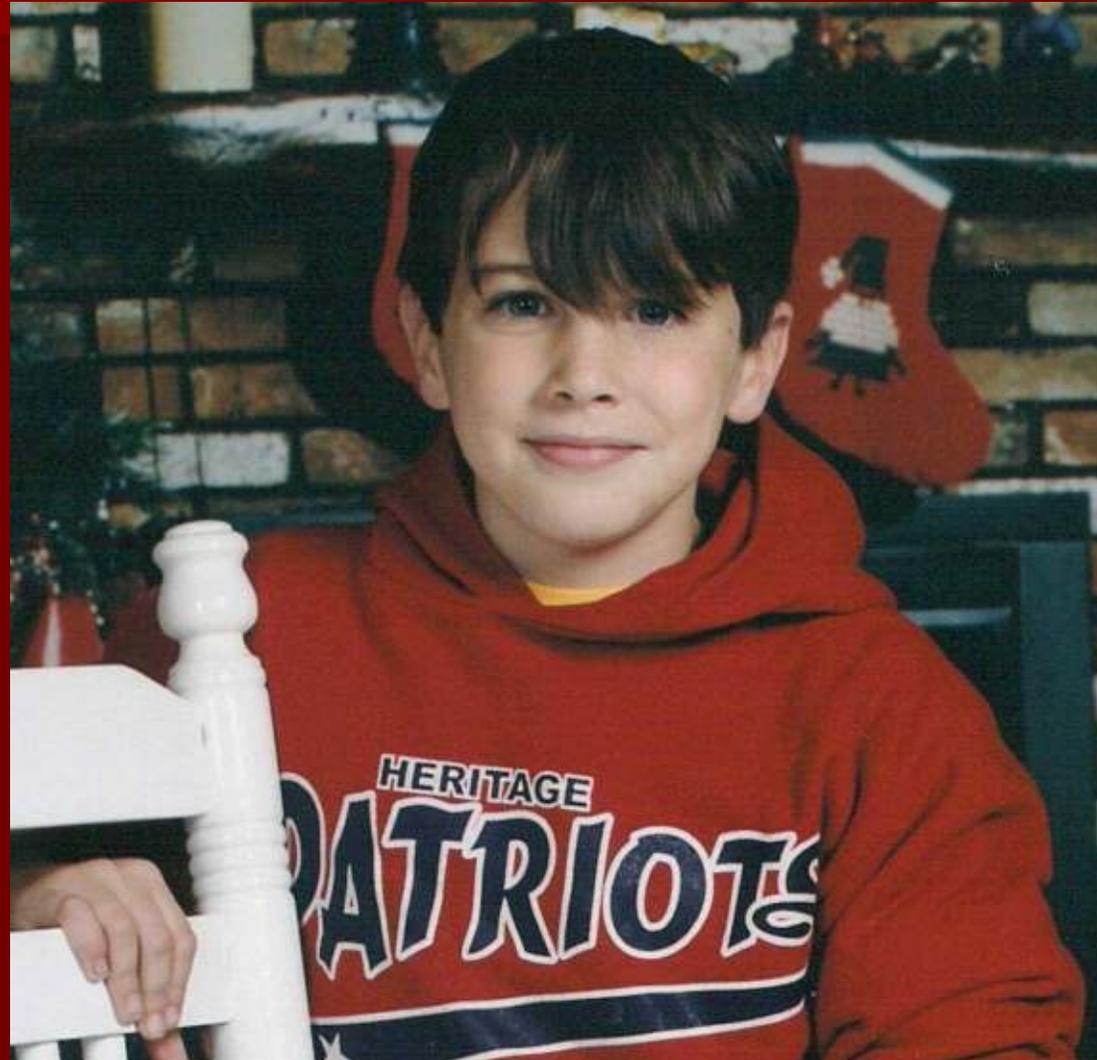
Jennifer Cernekee (Toms)
14 years old



Isaiah Mitchell 10 years old



Daniel Sheppard
11 years old

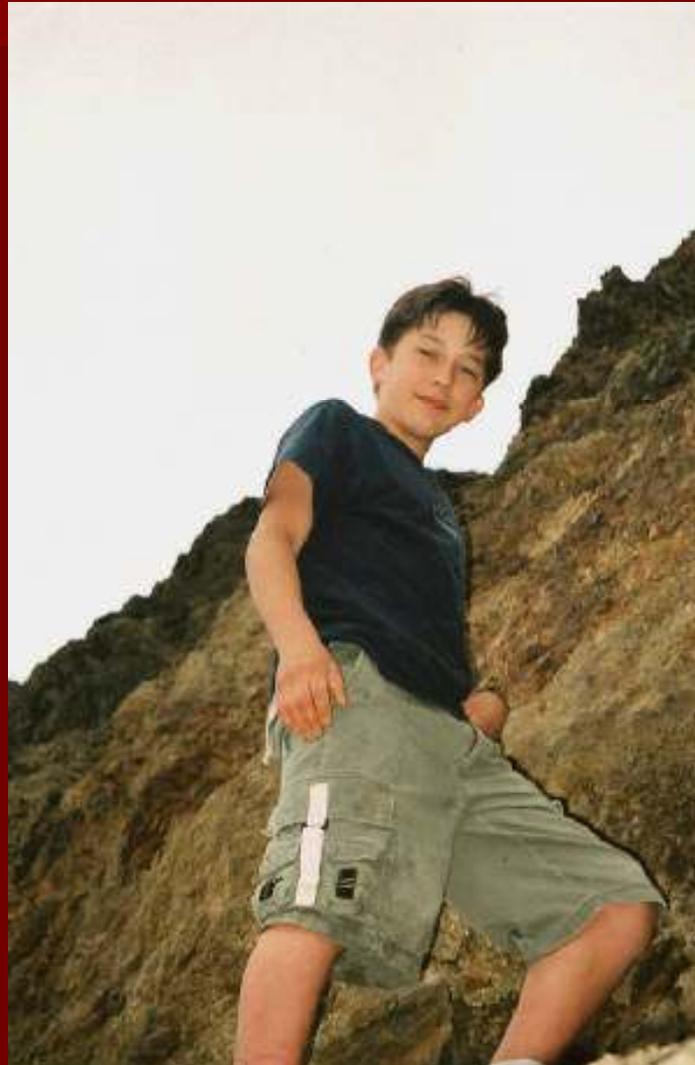


Stephen T. Connelly 16 years old



Gabriel Harry Mordecai

13 years old



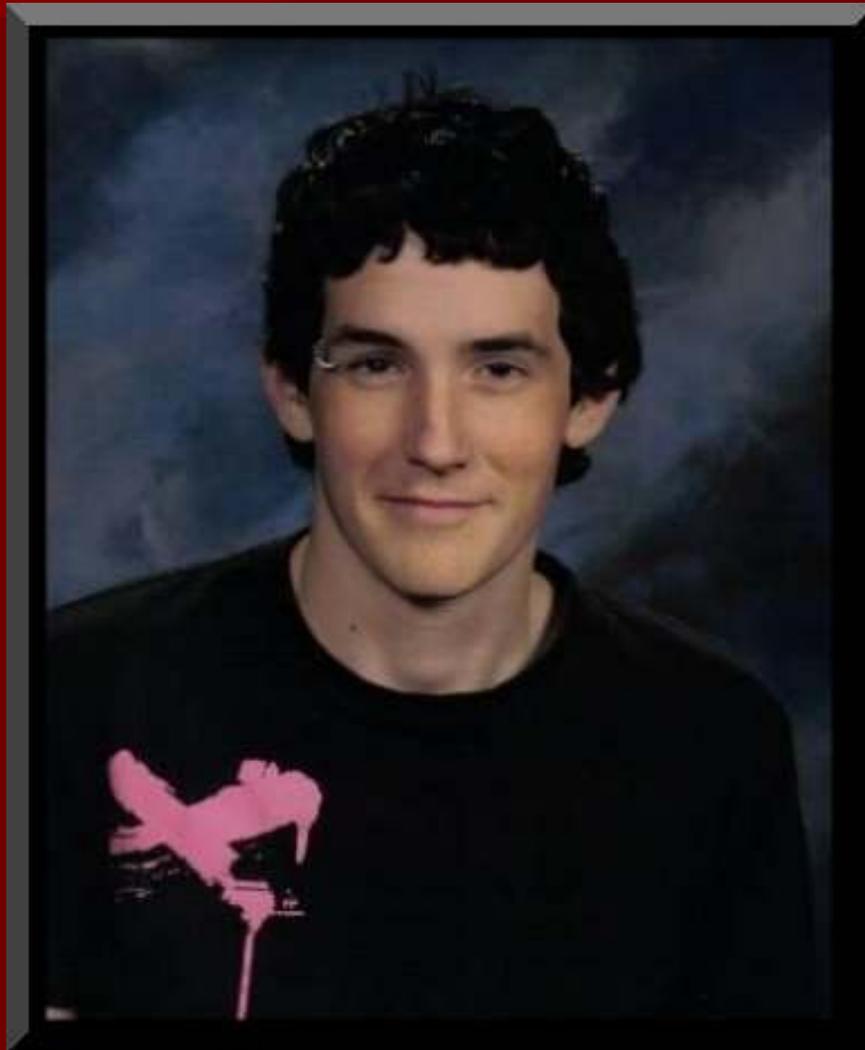
Chelsea Dunn
13 years old



Jesse Grant 12 years old



Leo Mcfee
16 years old



Micah Sims

20 years old



Dalton William Knauss
15 years old



Michael Anthony Galvan 15 years old



Jeffrey Patton 16 years old



Nicolas Cochet 15 years old



Shawntae Chavez
14 years old



Logan Mohr
16 years old



Stevie Andrew Ackley
14 years old



Connor Galloway
12 years old



Dustin Parkhurst
15 years old



Kodee Alcott 13 years old



Kimberly Wilson
15 years old



Blake Sandel 16 years old



Jesse Daviau 13 years old



Bryson Hamilton

12 years old



Jack Doyle
13 years old



Adam Janssen
12 years old



Dylan Blake
11 years old



Kyle McCarthy
13 years old



Mary Maragaret Sipple 14 years old



Justin Allard 17 years old



Jeffery Peak 14 years old



Nicholas Andres' Serna
16 years old



Don't Be Next, Or.....



This Could Be You!



These ~~are~~ were all
normal kids-

Who died from
an abnormal
activity!

More of The 911 Call

PARADISE POST

Tuesday, May 10, 2005

Serving Paradise, California, since 1945
www.paradisepost.com

Fifty Cents (Home delivery 26¢ per copy)

Blacking out: 'It's like a dream world'

Local mother confronts a dangerous practice through her son's death



By NEE H. HANSON
Staff Writer

Apophysistia. The rush comes from blasting out, then cutting off the oxygen supply long enough to make your self pass out. And kids go about getting their fix a number of ways.

Sometimes they do it by hyper-ventilating, sometimes they push a certain spot on their necks, sometimes they put a plastic bag over their heads to choke themselves as they masturbate.

When Sarah Parable's 13-year-old son Gabriel choked himself last Thursday in her Paradise home, he had a length of rope Parable was displaying in the house, assuming Gabriel was still doing

his laundry or spread out on his bed finishing up homework. When she heard Gabriel's twin brother Samuel screaming from across the apartment, she came running.

"After making himself pass out, Gabriel had fallen off the bed and choked to death on the rope."

It wasn't the first time Gabriel had choked himself. Though he was a smart child who received honors placement at school in both English and mathematics and would have graduated from eighth grade in just two weeks, Parable said Gabriel was a "difficult kid," "always on the edge" and she'd caught him and his twin brother Samuel choking themselves before.

"I had already warned him

because I found out what he was doing," she said, adding the teen children had promised to stop. Parable said she also spoke with friends and family about it. That's when she became aware of the previously-mentioned technique kids use to black-out or pass out. So many kids are doing what he did."

"Parents are clueless," she said. Parable said this sentiment was supported when a responding Paradise police officer — whose name she has forgotten — told her this was the sixth report of teenagers intentionally choking themselves he had heard of in Paradise.

"When I heard that, I thought, 'Oh my God, this is Paradise!'" Parable said.

Paradise Police Sgt. Cliff Stumm called the situation "too

Ridge girl sings at Carnegie

By TRAVIS WAINTE
Staff Writer

As the old saying goes, it takes practice, practice, practice to get to Carnegie Hall.

Well, Paradise resident Brian

came home from school I would hear her singing as she walked up the driveway. I noticed she



As a dad, Campbell admitted he might be hearing his daughter's voice through his father's ear "every parent thinks their children should grow." He said, but he still thought she had something special.



The 911 Call

Samuel: "Oh God No"

911: "Ok Samuel, we're on our way"

911: "We're gonna find out real quick how your brother is. Ok? We're on our way"

911: "I've got some police officers on their way and I got medical aid, the fire department and the paramedics are on their way. Ok?"

911: "Ok, you stay on the phone with me."

911: "Ok honey, where...where are your parents at in case we have to contact them?"

Samuel: "My dad...my dad's in Berkley, my mom and him are separated and my mom's right here."

911: "Ok, is your mom at work now?"

Samuel: "No. She's here."

911: "Oh. She's there with you?"

Samuel: "Yes"

911: "Ok"

G.A.S.P.
games adolescents
shouldn't play



The 911 Call

911: "Is your mom's name Sarah?"

Samuel: "Yes"

911: "Ok, is she looking at your brother right now?"

Samuel: "Yes. She's trying to put him back to life!"

911: "Ok"

911: "Can you ask her if she's getting any response out of him at all?"

Samuel: "She's not. Not at all"

911: "Ok, we're...tell her we're on our way. Did you tell her medical is on their way?"

Samuel: "Ok. They're on their way mom!"

Samuel: "They're on their waaaaayyyyyy"

What are some signs to look for?

- **Bloodshot eyes**
- **Frequent unusual headaches**
- **Marks on neck**
- **Locked doors**
- **Knots tied in room**
- **Wear marks on bed posts, closet rods, etc.**
- **Disorientation after spending time alone**

G.A.S.P.

What should I look for in my patients?

- Petechiae to the face, chest and neck



G.A.S.P.

What should I look for in my patients?

- **Petechiae to the face, chest and eyes**



Pronounced petechiae in the whites of the eyes and on the cheeks/face.



What should I look for in my patients?

- EMS call for a possible seizure
- Syncope
- Incontinent of urine/stool
- Ligature marks to neck
- Petechie to the face, chest and neck
- Post-ictal or difficult to arouse

How should I treat my patients?

- **100 % oxygen**
- **IV access**
- **Stat Glucose level**
- **Treat any active seizures**
- **Transport to ED ASAP**

G.A.S.P.

Who can our kids talk to in the school?

- **Guidance counselor**
- **Teacher**
- **Principal or assistants**
- **Nurse**
- **DARE Officer**
- **Or YOU**

G.A.S.P.

G.A.S.P.

games adolescents
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For More Information

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Or

www.GASPINFO.com